

5 Types of Self Care



1. Emotional

Emotional self-care helps you get in touch with your feelings in a way that makes you feel good.



2. Spiritual

The act of spiritually looking after yourself can be accomplished by simply doing things that make your heart and soul flourish.



3. Physical

Physical self-care is all about looking after your body, doing what you need to stay healthy.



4. Social

Recharge while being social. This could be getting together with friends or doing fun things with your family.



5. Intellectual

Stimulating your mind, working towards your goals and learning new things is absolutely a form of self-care.